

SHALOM everyone!

Posted by yosefhatzadik - 28 Sep 2012 08:14

Hello my dear friends of GYE,

I am 25 years old and single, I have been watching p**n and mastur**ing since I was 14, maybe 2 days a week I didnt do it until like 2 years ago when I started becoming more frum, shomer negia, not watching tv, etc but still my computer was my yetzer hara (I was in a frum school since 3rd grade but I was not so frum), so since then I lowered the times I fell a week to 1 or 2 a week.

Everytime I was alone with my computer I would surf far... also, since I am in college, everytime I had exam, since I have to study the night before (no time to study before, or maybe I just procrastinate) I would enter to those sites and lose like 70% of the time I have to study for the exam... there have been times where I don't even sleep the whole night and go to the exam, and I know that maybe in 2-3 hours I could have finish studying...

I really feel this is destroying my life (Baruch Hashem in school I have very good grades, I am intelligent, good memory, but my "life" is not like I would like). Another problem is a private university with very attractive women, and they dont dress very modestly... Baruch Hashem I dont have problem with that, I know how to put my fences there but the fantasies come...

I feel lonely, all my friends are married now with children, and I am at the university... I feel that everything is a vicious cycle, feeling lonely or sad and acting out, or acting out and feeling lonely and sad...

I joined GYE 4 months ago, and when I joined I was so excited!! I couldn't believe that I CAN stop this, I installed the filters everywhere... I was clean like 20 days in a row.. that was incredible, I read almost all the 1st part of the handbook and I felt it was enough... but you tell me if it is not true, when you start being clean, the Satan brings, everywhere, very attractive women where you wouldn't even imagine... I was clean without fantasies, I started feeling in control.. And I fell... But still my rythm was like 10 days being clean afterwards.

Until before ElulRosh Hashana, that the filter didn't work for an online game.. now I hardly get 3 days clean, and the worst thing is that it was the 10 days... I feel really bad... I feel so sad now, I don't even want to read the chizuk emails or the handbook again, I feel that it won't work eitherway...

Thats why I decided to take the next step and start posting on the forum, but I also feel that when I fall again I won't have this weapon and will have to take more powerful weapons, and so on... I don't like that!!!

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Re: SHALOM everyone!

Posted by 1daat - 15 Oct 2012 04:24

I hate to be simplistic, but it sounds like you're tying yourself in knots, and maybe just deal with today?

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Re: SHALOM everyone!

Posted by yehoshua - 15 Oct 2012 12:41

If I will be trapped with the thought that I am an addict, all the time, I feel that I wont see improvement.

Maybe dov is right, maybe you aren't an addict really. But maybe if you are, then your feeling of being trapped is actually good, accepting that you are an addict is the first step to sobriety.

There was a good read for me on the 12 steps by dov.

<http://www.guardyoureyes.org/forum/index.php?topic=5114.msg145625#msg145625>

All the best to you Yoshek!

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Re: SHALOM everyone!

Posted by yosefhatzadik - 15 Oct 2012 18:34

I am sorry to be stubborn with this ideas, but I am a little afraid to start thinking something that will affect me for the rest of my life... the uncertainty of that...

But if that will bring me more happiness and love with my wife when I get married Bh, and everyone sorrounding me, like Dov said, then I will take it. (And especially when I get married because I know that comparing is a big cause of Shalom bayit problems, and we all know that

the people in movies are not "real") I WANT to be free before I get married...

I have no problem accepting that I am an addict, but I would like to hear it from someone who knows... How can I know if I am?

I feel that I can't stop without help or the tools GYE suggests, thats for sure, also the fact that I lowered the falls now is not a proof that I am not, because I have a filter, its like if you put a drug addict in a desert island, that doesnt mean he is cured or he got better, maybe is worse, when he gets back he can get an overdose... And thats what happened to me when I fall, I fall deep, maybe I masturbate 3 times on that day...

Also to accept that I can't beat the y'h myself is easy, I can feel that... even for a non-addict I think it works that way, like the Gemara in Kidushin says that the yetzer hara within the person renews itself each day and wishes to destroy him, and if not for Hashem's help he would never be able to overcome him...

Thank you

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Re: SHALOM everyone!

Posted by Dov - 18 Oct 2012 21:20

[yosefhatzadik wrote on 14 Oct 2012 04:47:](#)

I do not pretend to know if that's right or not. But what **of** 'falling every 100 days'? I figure the question is this: Is life during their 99 clean days a good life? Is it kedushadikeh and (sometimes even) joyful living? If it is, then *I see nothing wrong with it at all!* It's geshmak!!

I hear you! I totally agree with that!

What I don't like is to be worried or stressed all the time not to stare, not to take a second look, not to think, not to fantasize... I would like that someday it can be like if I saw a cheeseburger, like maybe is tasty but I prefer not to try it... I mean thats how is supposed to be, to change the nissayon, that your bechira changes when you change... when you oleh beruchnius, if you are in another madreiga this last nissayon wont bother you anymore...

If I will be trapped with the tought that I am an addict, all the time, I feel that I wont see improvement.

What? Who told you that being a recovering addict means living the rest of your life with the constant awareness that you are in fact a sex pervert and cannot control yourself around attractive people, etc...?

That is so *not* like it really is.

Sobriety leads to recovery. And recovery means living with the awareness that Hashem is taking an infinitely better job taking care of you than you ever did. In my life before recovery started, when I tried to take care of me, my best efforts ended up with me running to sex with myself or my wife (or others) to save me. That is just what happens. It's pretty easy to admit, once I look back at my life and write out the history on paper. It's not shaming, nor am I beating myself up. It's just the facts, no explanations, no psychological or spiritual insights are needed - just the facts. I am a little broken. Many people are, too, in other ways. Now it's time to do something about it with Hashem's help instead of going it alone, trying to finally manipulate my own mind right all on my own, or trying (again) to 'do teshuvah'.

Living with that awareness is not to say that I am going to **live** in a perverted way.

Quite to the contrary, the admission cleans me *because it enables me to need G-d*. To really need Him - not to say that I need him "because the Gemorah in Kiddushin says I do" - that's not nearly enough. No. As yeshivah guys and frum yidden we are supposed to know and say all the party lines. But if we are already masturbating our brains out and getting sucked trance-like into sweet porn (and it *is* sweet)...then what good is reciting religious party lines? Suddenly wearing a black hat or a shtraimel vs a 'sroogie' is a lot less significant, isn't it...we both get on our computers desperately looking for a shot of the best porn we can find, hands shaking and mouth dry, no? We both end up masturbating ourselves in the bathroom, no? And these behaviors are not really just abberations - they are a major focus of our inner life and self-awareness. They are a major definer of our relationship with Hashem, aren't they? Not *should* they be - but *are* they? Yup.

Nu. We need help. Derech Eretz *kodmah* laTorah.

But I want to suggest to you a possibilty that would be great news:

The fear you describe of 'having to always suffer from the pain of needing porn, fantasy, and masturbation - whether I actually act out or not' is probably really just this: you do yet not know the power of Hashem. So you find it *very* hard to believe that He **can** really give you the daily reprieve that you want from lust and take better care of you than *you* can.

That is what the 3rd step is about.

Hatzlocha, and sorry this was so wordy.

If this stuff makes sense to you, can you put some of these things into action?

- Dov

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Re: SHALOM everyone!

Posted by yosefhatzadik - 18 Oct 2012 23:33

[dov wrote on 18 Oct 2012 21:20:](#)

Suddenly wearing a black hat or a shtraimel vs a 'sroogie' is a lot less significant, isn't it...we both get on our computers desperately looking for a shot of the best porn we can find, hands shaking and mouth dry, no? We both end up masturbating ourselves in the bathroom, no? And these behaviors are not really just abberations - they are a major focus of our inner life and self-awareness. They are a major definer of our relationship with Hashem, aren't they? Not *should* they be - but *are* they? Yup.

Even if I was in yeshiva I always tried to think that is not good to be obsessed with it like in yeshivas are, and thats why like 6-7 years ago I tried to see porn and masturbating as normal, like it has to be that way, how a man has to know himself and all the things they say out there... I even thought that because of the obsession they have in yeshivas thats why there are so many frum yidden with this problem, what do you think... anyway maybe here is not the place to discuss that

[dov wrote on 18 Oct 2012 21:20:](#)

The fear you describe of 'having to always suffer from the pain of needing porn, fantasy, and masturbation - whether I actually act out or not' is probably really just this: you do yet not know the power of Hashem. So you find it *very* hard to believe that He **can** really give you the daily reprieve that you want from lust and take better care of you than *you* can.

No no I really feel Hashem helps me, I see the siata dishmaya (this time i felt it, and I got to 14 days... I was about to fall on day 8 like always), but I feel that I have to worry myself also because (sorry about another religious party line, but in this case I think is necessary) since it is about spirituality, from what I know Hashem cant intervene in free will, (maybe you will tell me this is not free will for us... that maybe we have to be taken out from that level and then we can say we are in a level where Hashem cannot intervene, but like it or not it is free will, and it says Ubacharta Bachayim)

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Re: SHALOM everyone!

Posted by alexeliezer - 19 Oct 2012 02:44

[laagvokeles wrote on 05 Apr 2011 18:39:](#)

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It is our free choice to turn our lust over to Hashem. This is no small task. It works, which means Hashem must be maskim.

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Re: SHALOM everyone!

Posted by nederman - 19 Oct 2012 02:57

[alexeliezer wrote on 19 Oct 2012 02:44:](#)

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It is our free choice to turn our lust over to Hashem. This is no small task. It works, which means Hashem must be maskim.

It's not necessarily a valid inference. You can even prove it from Rav Amram Chasida. Why scream to the whole town to run over if he could just ask G-d to perform a miracle? Could it be because he held that He doesn't do that?

I believe the correct explanation is that when we surrender we finally accept that we do love porn. Then we start winding up until next time (no, I don't like it, no, I don't like it, ... fine fine I like it!!!)

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Re: SHALOM everyone!

Posted by Dov - 19 Oct 2012 03:30

There is no question in my mind that Rav Amram was not an addict. I also believe that he was probably far from what we would consider 'normal', and that we would find it very hard to understand what was really going on with him on the inside of his mind. But nevertheless...

I believe it was a miracle that he actually succeeded in surrendering whatever shred of his pride he had left, and scream "fire!". He provided the ratzon, and Hashem performed the miracle of success for him. As it says in tehillim, ki atoh t'shalem l'ish k'ma'aseyhu" - "You reward people for the mitzvos they do, as though they really *did* them (even though *You* provided all the power, inspiration, and ability for them to succeed)." And Rav Avigdor Miller zt"l said a sweet thing about this, and it is actually an explanation of the mishna, "sc'har mitzvah - mitzvah and s'char aveiro - aveiro.":

When G-d permits a good intention to come to fruition, He does so as a reward for the good intent. When He thwarts the intent, it is because the intender is being thereby chastised.

When a man's evil intent is permitted to become an act, it is a punishment for his intent. When his evil intent is prevented, it is because G-d spared him. All acts are G-d's; men have only the intentions. (Rejoice, O Youth)

L'Refuah Shleima: Chaim Yisroel B. Chana Tzirel, Aaron Yehuda B. Gitel

For The Refuah Shleimah Of Eliyahu ben Bracha Tova, Ron ben Gittel Chaviie

See more material on this type of stuff, see the writings of the Izhbitzer in Mei Hashiloach.

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Re: SHALOM everyone!

Posted by nederman - 19 Oct 2012 03:38

You still have no proof.

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